

Name: Lois Crichton, School - Jesse Metohum, Class - U - IX Age 10-14, Lesson P.T. No. 5. ^{4th}

Time Allotment	Type of Act.	Activity	Objective	Method of Pres.	Desired Outcome
<u>Grade V</u>					
30					
5	Locomotive	March, run, skip, jump - reviews.	Muscle tone	Explanation	Develop endurance
5	Exercises	Arms bend U-S-F-D alternately, double, 1 arm. Trunk bend S-S-F-B. Legs jumping high in front.	Quick response	Demonstration	Body co-ordination.
10	Games	Run & Pass Relay Shuttle	Ability to catch & pass properly	Explanation	Sportsmanship.
10	Field Game	Dutch Couples Dorothy - L.S. P. 95 (Review)	Rhythm, correct steps.	Demonstration & Description	International feeling.
<u>Grade IX</u>					
30					
5	Locomotive	Walk, Skip, Jump Arms B & Struck. U-S-F-D.	Muscle tone	Explanation	Develop endurance
5	Exercises	Alt. A swing - rt L's. L. swing S-S. with H. click.	Quick response & easy movements	"	Body co-ordination
10	Dance	Irish kilg - D. L.S. P. 161 (Review)	Rhythm & learn steps properly	Demonstration	Individuality.
10	Games	Pass ball in circle relay Bounce & turn " " " (Review)	Avoid roughness & pass correctly.	Explanation	Team spirit.

Folk Dances.

The English Country Dance - Cecil I. Sharp.

Brighton Camp	—	11
Galopade	—	12
Nancy's Fancy	—	13
The Black Rag	—	14
Gathering Peascods	—	15
Ruffy Tuffy	—	16

Folk Festivals - Mary Effie Shembaugh.

Folk Dances for Boys & Girls —

<u>Austrian</u>	
Crab Dance	— 64
Foot Swinging Dance	— 66
New Bavarian	— 68
Seven Steps	— 70
Straw Cutter	— 72
Stupid One Turning Quickly	— 74

Bulgarian

Bunavski Hero	— 116
---------------	-------

Greek

A Greek Circle Dance	— 128
----------------------	-------

Moravian

Welcome of Spring	— 80
-------------------	------

Sixty Indian

Dance to the Deer God	— 11
Eagle Dance	— 16
Dog Feast Dance	— 19
Spirit Dance	— 23

11

Intermediata Grades —

Flap - Dutch	— 44
Hendrickska - "	— 52
Kovalicek (Blacksmith) Silesian	— 42
Metelystaya (Snow Storm) Ukrainian	— 46
Reznik (Butcher) Moravian	— 46

Swast - Matar — 50
Thuravel (Cane) - Ukrainian — 54.

Junior High School.

Blau Setting - Eng. — 65
Big Stick (Mt. stick) - Austrian Tyrol — 59
Chorovod - Ukrainian — 61
Hopak Kolom - " — 71
Hrechani (Buckwheat Cakes) - Ukra — 74
Katerina - Ukrainian — 77
Kolomyjka - " — 81
Rocky Rd. & Dublin - Irish - 68.

Dances of The People - Eliz. Buchena.

Grade 5

Our Little Girls (Swed.) — 46
Seven Rumps (Dan. & Germ.) — 70
7 Pretty Girls (Swed.) — 43
Kustaf's Skool (") — 48
Bleking (") — 44
Broom Dance (Germ.) — 73
Come, Let us be joyful (Ger.) — 71
Go from Me (Germ.) — 75
Grandmother's Dance (Swiss) — 77.

Grade IX.

Net Dragging ^(Finm) — 58
Strip The Willow ^(Scot) — 7
The Circle ^{U.S.A.} — 2
Crested Hen ^(Dan.) — 59
Ribbon Dance ^{Eng} — 22
902 Tontoli (Swed.) — 39
Feian (Mex) — 50

Reinlenda (Hono.)	—	54
Fairy Reel (Irish)	—	27
3 Men's Polska (Swed.)	—	40
Hornpipe (Eng.)	—	19
3 Men's Reel	Don	64
Scottlands Quadrille	Swed.	33
4 Dance (Dan.)	—	61
Shod " (Scot.)	—	9

Character Dances for School Programs - Milda C. Norman

Grade IX

Identity	—	17
Kate & Duplicate	—	21
Quiates Bold	—	25
Kozy Don	—	29
Mainty Demoiselles	—	34
Russian 3 Dance	—	42
The Merry Elves	—	48
Maria, Mari	—	52
Trinity - 2 Dances	—	102
Sweet & Peggy	—	115

Creative Activities in P.E. - Olive K. Horrigan

All Grades

Physical Ed - Springfield Public Schools - 1929

Grade IX

1. Quadrille	—	38
2. Trioka	—	39
3. The Tempest	—	42
4. Spig - a jig	—	43
5. Spanish Waltz	—	46
6. Ritka	—	49
7. Tourovin	—	51
8. Hayfoot	—	
9. Waves of Memory	—	59
10. Slovak	—	61

Trick of Brownies -	63
Shipping Rope -	
Medley Choe -	67
Le Tambourin -	71
Pawlona Gavotte -	73
Polish Mazurka -	73
Pierrot & Pierrette -	76
Krakowiak -	79
Jockey Dance -	80
If All The World Were Paper -	81
Wooden Shoes -	83
Russian Dance -	84
University High -	86
There Was An Old Man -	
School Day Antics -	
Tarentella -	89
Komarinskaia -	93
La Cachucha -	94
The Villagers -	95
Invitation Polka -	
The Pirates -	

Shade IX - "Popular Ballroom Dances" - Parson.

Conservative Fox Trot -	18
The Modern Waltz -	34
Parisian Tango -	48
Manhattan Stomp -	64
Collegiate Skip -	74
Rumba -	80
Big Apple -	88

Games.

Graded Lessons in Fundamentals of P.E.

- Baker - Wainrock - Christensen.

Grade V

~~All-up Relay~~ -

Animal Relay - 323

Archway - 323

Balance Touch - 323

Beat Ball - 324

Give Keep Away - 325

Cross Tag - 326

Form letters - 327.

For & Kees Dodge Ball - 327.

Throw & Catch (Relay) - 341.

Games for the Playground - Home, - School - & Gym.

- Bancroft -

Grade V

Back Ball - 321

Chess who - 100

Roley Boley - 399

Stealing sticks - 188

Bag Pile - 363

Corner Spray - 360

Blackboard Relay - 53

Catch the Cone - 62

Cross - cross Goal - 307

Leaf by Leaf - 225

Tip, Tap, Toe - 237

Going to Jerusalem - 78

Scat - 234

Play Activities for Elementary Schools -
 Dorothy La Halle.

Grade V

Pitching Horse Shoes	—	86.
End Ball	—	88
Head	—	89
Bases on Ball	—	89
Kip	—	90
Club Snatch	—	91
Chinese Wall	—	92
Run Sheep Run	—	93
Tug of War	—	93
Catch & Pull Tug of War	—	94
Human Burden	—	94

Physical Training for Elementary Schools -
 Clark.

Grade VI

Fast Man	-	240
Human Bat Ball	-	240
Dumb - Bell Tag	-	243
Bean-Bag Pass	-	243
Baste The Bean	-	244
Schoolroom Catch Ball	-	245

Grade VII

Wind Race	-	388
End Ball	-	389
Every Man in His Own Den	-	390
Stick On The Rock	-	392
Basket Ball Distance Throw	-	393.
Antair Ball	-	394.

Name - Lois Crichton, School - Jesse Ketchum, Class - 5, Age - 10, Lesson - P. Teaching - No. 9.

Time Allotment	Type of Activity	Activity
30 mins.	Locomotive	Running, Skipping, etc.
5 mins.	Exercise	Aim. 6d & stick u - S - 7 - 0 alt. dt. in Carron.
10 mins.		Kn. 6d & stick to toe ST.
15 mins.	Game	Rodge Ball - Nelson & Van Hagen.
Grade IX		
30 mins	Exercise	Easy A. swing with fold & fold stick - 1 kn. 6d & stick.
5 mins.		Hd. 6d & stick to kn
10 mins	Dance	Std. St. T. twist w A swing.
		L swing S - S - kn lift.
15 mins	Game	Irish Lilt - Finish.
		Quoit Relay.

Will you try to select some very different activities for next time - I must or common ones

J. A. L.

Name - Lois Reighton, School - Jesse Kitchum, Class - 5, Age - 10, Lesson - Practise Teaching, No. 8.

Time Allotment

30 mins.

15 mins.

15 mins.

30 mins.

10 mins.

10 mins

10 mins.

Type of Activity.

A. bend & stick, U-S-7-O. act. & db.

T. bend S-S-7-U.

Kn. bend & stick to toe 51.

Games.

Grade CK.

Exercises.

Dance

Games

Activity.

← Exercise.

Dodge Ball -
Neilson & Van Hagen
P. 147.

Easy & swing. with fold & fwd.
stick - Kn. bend & stick.

T. bend S-S-7-U.

L. swing S-S-w h. click, Kn. lift
in front.

Irish Lilt - 5th step.
Dorothy La Salle - P. 161.

Quoit Relay.

1. Don't apply without permission.
2. ... talk about chance.
3. ... tell friends of refusal - tell school.
4. ... rejoice aloud if get position.
5. If we apply immediately if possible. Let School know.
6. Acknowledge all letters promptly.
7. Send back programs, etc.

Interviews.

Personal appearance. Common sense of make-up.

Posture.

Attitude towards work. Interest & enthusiasm.

Answer and ask questions.

Knowledge of work.

Letters -

Good appearance of letter.

Good plain paper. (Hand & Type)

"Yours Very Truly" - "Yours Sincerely" (if known)

Interesting. Coherent. Ed- Exp. Come right to the point in 1st paragraph. General info - home, church. End with references.

Sample Letter -